

PHOTO CONTEST

Do you like ice-fishing or sturgeon spearing? Do you partake in any fun outdoor adventures during these cold months?

10 lucky employees will have the chance to win a \$20 Amazon Gift Card by submitting a photo OR winning one of the voting categories below. Be sure to watch for the **"BEAT THE WINTER BLUES REPORT"** to keep tabs on your standing. As always, be sure to submit more than once if you happen to nab a bigger catch or take a better photo throughout the contest!

VOTING Categories:

Best Photography—Outdoor Landscape (3 winners)

Best Snow Sculpture/Snow Person

Funniest Winter Activity Photo (2 winners)

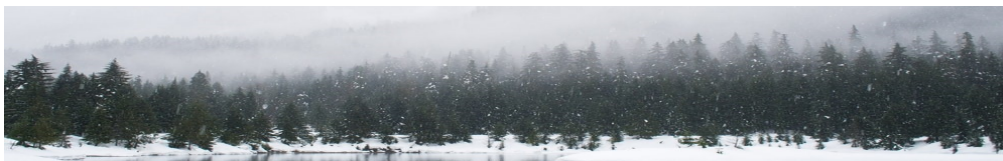
LONGEST STURGEON

LONGEST FISH CAUGHT WHILE ICE-FISHING

OTHER ways to be entered in the drawing:

Show how you stay active in the winter

Show us your unique winter activities



Wellness Challenge

**BEGINS ON
STURGEON
SPECTACULAR
AND RUNS
THROUGH
MARCH 31ST**

**Sturgeon Spectacular:
February 7-9**

Email all photos to
Kristen—if you don't
have the capability
please ask your
location's Admin.
Assistant to help.
Thank you!

Kristen Theisen
ktheisen@fdl.wi.gov

There are many reasons to go outside in the Winter! Destress, fight seasonal depression, cure cabin fever, and more. Attached (links below) are some interesting articles explaining how being outside, even in freezing temperatures, can be beneficial for your health.

www.businessinsider.com/why-spending-more-time-outside-is-healthy-2017-7

www.huffpost.com/entry/six-benefits-to-going-out_b_12253156

... and if you're interested, here's a penguin demonstrating how to safely walk on ice: www.nbcnews.com/better/video/how-to-walk-on-ice-876900931903